

## **1 PANDAS & PANS**

### **An Integrative Approach**

- Dr. Jill Crista

## **2 Disclaimer**

- By proceeding, the viewer agrees that the contents of this site, such as text, graphics, images, video, and other material contained on the Dr. Crista site are for informational purposes only.
- Dr. Jill Crista does not provide medical advice, diagnosis or treatment. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment.
- Always seek the advice of your physician or other qualified health provider with any questions you may have regarding your medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on the Dr. Crista site.
- If you think you may have a medical emergency, call your doctor or 911 immediately.
- Dr. Crista does not recommend or endorse any specific tests, physicians, products, procedures, opinions, or other information that may be mentioned on the site.
- Reliance on any information provided by Dr. Crista, Dr. Crista's employees, others appearing on the site at the invitation of Dr. Crista, or other visitors to the site is solely at your own risk.
- If you are taking this course as a parent or member of the public, you understand that the information herein is intended for medical practitioners with the medical training and discernment to know how to apply the therapies and treatments included, and that the treatments discussed, including doses, may not be appropriate for your child.
- All material in this course is copyright protected unless stated otherwise. Contact Dr. Crista for permissions of use.

## **3**

- Cases

## **4 Overview**

- Course Outline
- 1. Symptoms
- 2. Mechanisms
- 3. Diagnostics
- 4. Conventional treatment approach
- 5. Integrative treatment approach
- 6. Recovery essentials
- 7. Cases

## 5 Success Plan

- Set your parents up for success from the beginning. Like it or not, they're in this for the long haul.
- Expect the child/teen to refuse treatment. It's normal, and actually a good sign - starting to take their power back, click in to the world of reality. And unfortunately, the first place children tend to practice this rediscovered skill is with their parent.
- Refusal moments are the child reclaiming a sense of control.
- Give the child control over remedy choice—not whether he will take it, but which one he will take.
- Start from the beginning—have 2 options for each item. The child gets to take control via choice. "Do you want this one or this one today?" Set the pattern. It isn't an option to refuse all remedies, only "which" remedy.
- When you hear, "I'm not taking that." Be ready with, "Okay, it looks like you're choosing this one instead." And if you still hear, "I'm not taking that either," you're equipped with the knowledge that the hidden goal is control. State that he has a choice.: "It's your choice, this one or this one. Which one do you want? It's in your hands."
-

- And if all else fails, I never judge if they bribe. I did.

## 6 Core 4 Variety

- Four different PANDAS/PANS kids from my practice, named for the biggest pain point for the child: Anxious, Starved, Insomniac, and Strep-Magnet.
- Each are different in how I chose the specific Cores of treatment.
- I often add extra nutrients such as the things in Recovery Essentials, but these display how to apply the Core 4.
- Anytime you see individual glycerites listed, they usually were mixed together whenever they could be dosed at the same time. That allows parents to focus on getting one remedy down rather than five.

## 7 Anxious

- Anxious had compulsions that made learning and socializing difficult.
- Very concerned about infection exposure. (Sign of low immunity and breeched barriers.)
- Focused on remedies that reduced anxiety and brightened the mind.
- The herb combination is a daytime combination and not suited for bedtime, unless noted.
- Mixed the herbal glycerites and divided in half, flavoring each with his chosen flavors—one mint and one ginger. (Build in the control over choice.)
- Dosed by weight at Flare dose until fears calmed + 2-3 weeks.
- Tame the Flame:  
Flame Tamer: Resolvins in the morning, Rosemary (added as glycerite to the Avatar formula taken in the morning, at lunch and after school/before dinner.)  
Mast Cell Managers: Vitamin C (anytime of day), PEA in the morning.

-

## 8 Anxious, cont

- Beat the Bugs:  
Botanical Avatars: Brahmi, Thorough-wax, Gotu kola  
Botanical Antimicrobial: Japanese knotweed  
(Mix above as a glycerite to take in the morning, at lunch, and after school/before dinner.)  
Black elderberry syrup after dinner.
- Regulate Immunity:  
Vitamins A + D weekly  
Butyrate after dinner (Self-conscious of "fart breath", so took it at night.)
- Guard the Gates:  
Nasal essential oil inhalation stick every morning on the way to school, repeat whenever he feared exposure.  
Nasal probiotic swab every evening after brushing teeth.  
Sage tea gargle after brushing teeth in the morning. (Parents made a batch every week and kept refrigerated. A ½ cup was taken out the night before and set by the bathroom sink.)  
Switch to xylitol toothpaste.

## 9 Starved

- Starved had a fear of choking, feeling like she couldn't swallow correctly.
- She was hungry but couldn't eat.
- She'd also have histamine flares after eating, so many of her remedies were taken 15 minutes before eating.
- Also added blended soups, ground up meats, and used thickeners for fluids to help her swallow.
- Had a persistent Strep presence which turned out to be due to perianal Strep and mold exposure. Once addressed, her eating difficulties went away.
- Tame the Flame:  
Flame Tamers: Feverfew and Rosemary added to glycerite and taken 15 minutes before eating.  
Mast Cell Managers: Liposomal Quercetin/Luteolin, DAO taken 15 minutes before eating.

## 10 Starved, cont

- Beat the Bugs:  
Botanical Avatars: Gotu kola, Chinese skullcap, Oregon grape, Brahmi taken 15 minutes before eating.  
Botanical Antimicrobials: Oregano, Licorice, Black walnut pulsed on the weekends.  
Perianal Strep: Topical silver cream qd.
- Regulate Immunity:  
Butyrate, Colostrum and Peptides mixed together and taken in the morning and night.
- Guard the Gates:  
Nasal propolis spray twice daily.  
Propolis throat spray twice daily. (Gargles are hard for kids with swallowing difficulties. Their choking fear amplifies. It's kinder to use sprays.)  
Switch to Dentalcidin toothpaste.

## 11 Insomniac

- This poor guy could NOT sleep. Anytime someone in the house got a little sniffle, he'd be up all night.
- Focused his formulas on afternoon and nighttime dosing, with a little extra antiviral kick.
- Tame the Flame:  
Flame Tamers: Resolvins, Feverfew (added to above glycerite formula)  
Mast Cell Manager: Vitamin C
- Beat the Bugs:  
Botanical Avatars: Silk tree, Chinese skullcap, Oregon grape, Magnolia taken at 4pm and 6pm, and added 9pm if still awake.  
Botanical Antimicrobials: Licorice tea in the morning.

## 12 Insomniac, cont

- Regulate Immunity:  
Vitamins A + D weekly.  
SEAZnDCK whenever someone else at home was sick.
- Guard the Gates:  
Nasal colloidal silver in the morning.  
Thyme steam inhalation as part of the bedtime routine. (He found this very relaxing. Parents made 1 gallon once per week, pour out enough for the steam, and microwave it in the bowl to be used for the steam treatment.)  
Switch to Myrrh toothpaste.

### 13 Strep Magnet

- The name explains it all. This was a very sick boy. He wasn't able to attend school or soccer after PANDAS/PANS hit. An example of how to combine naturopathic medicine with antibiotics and IVIG.
- Severe compulsions, mood issues, and tics, as well as trouble eating and sleeping. Due to pretty hefty environmental exposures from weed killer on his soccer field and mold in his home, we needed to begin with a heavier medical intervention.
- Tame the Flame:  
Flame Tamers: Vitamin C, Resolvins, Feverfew (higher as steroids wore off).  
Mast Cell Managers: Quercetin/Luteolin  
NSAIDs: Ibuprofen on a 2-week suppressive course, then prn.
- Beat the Bugs:  
Botanical Avatars: Oregon grape in the morning with Augmentin, Silk tree in the evening with Augmentin.  
Botanical Antimicrobials: Thyme twice daily added to each glycerite below for Strep and fungal overgrowth.  
Pharmaceutical Antimicrobials: Augmentin 875 mg twice daily. Itraconazole pulsed.

### 14 Strep Magnet, cont

- Regulate Immunity:  
Vitamin D: Daily dosing for more stable protection.  
Butyrate (to compensate for lowering effect from Augmentin): Twice daily with Augmentin.  
Probiotics: Once daily away from Augmentin by 1 hour.  
Peptide - BPC 157: Twice daily.  
Ultra-Low-Dose Naltrexone: Taken in the evening.  
IVIg: 1.5–2.0 g/kg over 2 consecutive days, every 6 weeks. Co-administered IV steroids, diphenhydramine, and ibuprofen.
- Guard the Gates:  
Colloidal silver nasal spray in the morning.  
Nasal probiotic swab in the evening after brushing teeth.  
Switch to Dentalcidin toothpaste.

## 15 Strep Magnet, cont

- He also benefitted from an ultra-low dose of sertraline. Later, we found he had Bartonella, so we added Cryptolepis twice daily at the same time as the Augmentin. Once Bartonella was addressed, he no longer required the sertraline.
- 
- I'm happy to report that this boy is now a man. He has graduated from technical college and is enjoying independent living with a little extra support from his parents when needed.

## 16 Overview

- Course Outline
- 1. Symptoms
- 2. Mechanisms
- 3. Diagnostics

- 4. Conventional treatment approach
- 5. Integrative treatment approach
- 6. Recovery essentials
- 7. Cases

## **17 PANDAS/PANS Mechanism**

- Integrating Therapeutics → Family Bliss!

## **18 Resources**

- Survey
- CE/CME certificate

## **19 Books**

- Greek

## **20 Education**

- Greek

## **21 Mentorship with Dr. Neil Nathan**

- Prerequisite training for our mentorship is the basic training via the mentorship or my mold certification course (accessible on my website.)
- Email askdrnathan@gmail.com for details.
- 
- Other books & trainings ~

- Neuroimmune.org
- MAPS conference
- PANDAS Physician Network conferences
- Mentorship with Dr. Nancy O'Hara
- Book by Dr. Nancy O'Hara  
Demystifying PANS/PANDAS
- Book by Dr. Kenneth Bock  
Brain Inflamed
- Book by Dr. Angelica Lemke  
Healing Complex Children with  
Homeopathy

## 22

- Diagnostics

## 23 PANDAS/PANS Mechanism

- Vierge Lighthouse in Brittany